

# Chair Raisers

## What are chair raisers?

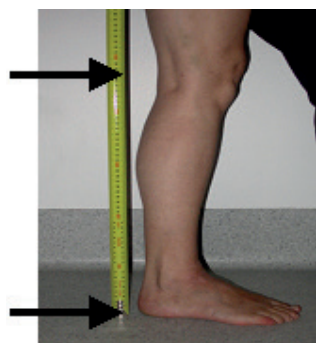
Chair raisers are made of lightweight moulded plastic and have a recess in the top where the chair legs sit. They are usually 4cm in height (sizes can vary). Chair raisers can be stacked on top of one another if extra height is needed to raise the chair. They can be purchased in sets of four or individually.

## What are chair raisers used for?

Chair raisers can make getting on and off a chair easier and safer for you by raising the height of the chair.

## Recommended height

Your therapist can recommend an appropriate height for you which will determine how many chair raisers you will need. If you have not been given a recommended height, you can estimate an appropriate height yourself. To do this, stand barefoot and measure your lower leg from knee crease to floor then add 5cm. This will give you the appropriate height for the chair once raised.



## Setting up chair raisers



Place the chair raisers underneath each chair leg, making sure the legs sit firmly in the raisers. When the chair raisers are in place, sit on the chair and make sure you can get up and down easily.

## Precautions

Always check that all four chair legs are sitting securely in the chair raisers before sitting down and that the weight capacity of the chair raisers (222kg) is compatible with your weight.

Never stack more than two chair raisers on top of each other.

## Approximate dimensions of chair raisers

Large: 100mm Height

Small: 40mm Height

65mm Recess Diameter

10mm Recess Depth



This equipment is recommended based on your current needs. No responsibility is taken for improper/inappropriate use or maintenance of the equipment. Please contact occupational therapy if there are any concerns.

## Occupational Therapist:

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## Notes:

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